

2012

SEPTEMBER

Harvest of the Month

FEATURING LOCAL

PLUMS &amp; PLUOTS

Welcome



BACK TO SCHOOL

MONDAY 10

BREAKFAST ENTRÉE

Grilled French Toast Sticks

LUNCH ENTRÉE

Ultimate Fish Sticks

SIDES

Roasted Potatoes, Broccoli, Cherry Tomatoes, Cauliflower, Chilled Pears, Apples

MONDAY 17

BREAKFAST ENTRÉE

Belgian Waffles  
w/Turkey Sausage

LUNCH ENTRÉE

Italian Pizza Sticks  
w/Marinara Sauce

SIDES

Broccoli, Cherry Tomatoes, Green Peas, Chilled Peaches, Apples

MONDAY 24

BREAKFAST ENTRÉE

Grilled French Toast Sticks

LUNCH ENTRÉE

Fish Nuggets

SIDES

Roasted Sweet Potatoes, Broccoli, Cauliflower, Chilled Pears, Apples

TUESDAY 11

BREAKFAST ENTRÉE

Breakfast Biscuit  
w/Egg & Cheese

LUNCH ENTRÉE

BBQ Chicken Sandwich  
on Whole Wheat Bun

SIDES

Garden Salad, Carrots, Black Beans, Fruit Juice, Orange Wedges

TUESDAY 18

BREAKFAST ENTRÉE

Whole Wheat Muffin  
w/Egg & Cheese

LUNCH ENTRÉE

Whole Grain Chicken  
Corndog

SIDES

Garden Salad, Carrots, Bell Pepper, Kidney Beans, Fruit Juice, Orange Wedges

TUESDAY 25

BREAKFAST ENTRÉE

Breakfast Biscuit  
w/Egg & Turkey Sausage

LUNCH ENTRÉE

Oven Baked Chicken Leg  
w/Homemade Wheat Roll

SIDES

Garden Salad, Carrots, Zucchini, Garbanzo Beans, Seedless Grapes, Pudding Cup

WEDNESDAY 5

BREAKFAST ENTRÉE

Assorted Cold Cereal

LUNCH ENTRÉE

Chicken Nuggets

SIDES

Coleslaw, Broccoli, Carrots, Applesauce, Watermelon

WEDNESDAY 12

BREAKFAST ENTRÉE

Whole Grain Cinnamon Roll

LUNCH ENTRÉE

Beef Teriyaki Dippers  
w/Steamed Brown Rice

SIDES

Garden Salad, Carrots, Snap Peas, Mixed Fruit, Apricot

WEDNESDAY 19

BREAKFAST ENTRÉE

Homemade Banana Bread

LUNCH ENTRÉE

Beef Ravioli  
w/Wheat Roll

SIDES

Garden Salad, Carrots, Radishes, Chilled Pears, Plum

WEDNESDAY 26

BREAKFAST ENTRÉE

Whole Grain Cinnamon Roll

LUNCH ENTRÉE

Homemade Local Bean & Beef Chili  
w/Garlic Bread

SIDES

Local Garden Salad, Carrots, Cucumbers, Garbanzo Beans, Applesauce, Pluot

THURSDAY 6

BREAKFAST ENTRÉE

Assorted Cold Cereal

LUNCH ENTRÉE

All Beef Hamburger on  
Whole Wheat Bun  
w/Lettuce & Tomatoes

SIDES

Garden Salad, Red Bell Pepper, Green Peas, Kidney Beans, Apple

THURSDAY 13

BREAKFAST ENTRÉE

Mini Pancakes,  
Turkey Sausage

LUNCH ENTRÉE

Turkey & Cheese Slider  
Sandwiches

SIDES

Garden Salad, Red Bell Pepper, Jicama, Black Beans, Pluot

THURSDAY 20

BREAKFAST ENTRÉE

Pancake w/Turkey Sausage  
on a Stick

LUNCH ENTRÉE

Popcorn Chicken  
w/Homemade Wheat Roll

SIDES

Garden Salad, Carrots, Cucumbers, Kidney Beans, Banana

THURSDAY 27

BREAKFAST ENTRÉE

Mini Pancakes,  
Scrambled Eggs

LUNCH ENTRÉE

Chicken Caesar Salad  
w/Homemade Wheat Roll

SIDES

Broccoli, Tomatoes, Green Peas, Celery Sticks, Nectarine

FRIDAY 7

BREAKFAST ENTRÉE

Egg & Cheese  
Breakfast Burrito

LUNCH ENTRÉE

Oven Baked Chicken Leg  
w/Homemade Wheat Roll

SIDES

Garden Salad, Carrots, Cucumbers, Kidney Beans, Peaches, Plum

FRIDAY 14

BREAKFAST ENTRÉE

Vanilla Yogurt Parfait

LUNCH ENTRÉE

Homemade Spaghetti  
w/Herb Focaccia Bread

SIDES

Garden Salad, Carrots, Cucumbers, Chilled Applesauce, Seedless Grapes

FRIDAY 21

BREAKFAST ENTRÉE

Egg & Cheese  
Breakfast Burrito

LUNCH ENTRÉE

Cheese Enchilada  
w/Spanish Rice

SIDES

Garden Salad, Carrots, Jicama, Applesauce, Seasonal Melon

FRIDAY 28

BREAKFAST ENTRÉE

Strawberry Yogurt Parfait

LUNCH ENTRÉE

Soft Taco w/Beef, Beans &amp; Cheddar Cheese

SIDES

Hot Corn, Garden Salad, Carrots, Chilled Mixed Fruit, Orange Wedges

**Daily at Breakfast**

A nutritious breakfast is served each day at your child's school. In addition to the primary entrée mentioned on the menu, students may also select from a variety of low sugar cereals, 100% whole wheat toast, fresh and canned fruits or 100% fruit juice, and milk. Selections may vary depending on the day of the week.

**Daily at Lunch**

A vegetarian option is served every day in addition to the primary entrée mentioned on the menu.

MONDAY  
Veggie Burger on  
Whole Wheat Bun  
w/Lettuce & Tomato

TUESDAY  
Whole Grain  
Cheese Pizza

WEDNESDAY  
Whole Wheat Bagel Munchable  
w/Cream Cheese, String Cheese,  
Sunflower Seeds

THURSDAY  
Whole Grain Bean &  
Cheese Burrito

FRIDAY  
Cheese Quesadilla

**KEY**

BST hormone free  
1% white milk and  
non-fat chocolate milk  
available with meals.

Vegetarian

Local/Washington

Soy is a common  
ingredient in foods served.

TEAM BREAKFAST

FREE Breakfast is offered to students at schools around the district as part of the TEAM BREAKFAST Program. **THIS YEAR'S TEAM BREAKFAST SCHOOLS ARE**

**Elementary Schools:** Concord, Dearborn Park, Dunlap, Emerson, Bailey Gatzert, Hawthorne, Highland Park, Martin Luther King, Northgate, Roxhill, Van Asselt, West Seattle, & Wing Luke

**Middle School:** Aki Kurose

**High Schools:** World School @ Meany, Rainier Beach, South Lake

All students, regardless of eligibility for free, reduced or full-priced meals, enjoy Breakfast free in these schools.

**PRICES**

Milk .....\$0.50

**BREAKFAST**

Elementary School.....\$1.75

Middle/High School.....\$2.00

Reduced.....No Charge

Adult.....\$2.75

**LUNCH**

Elementary School.....\$2.75

Middle/High School.....\$3.00

Reduced.....No Charge

Adult.....\$4.00



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# What's New with School Meals for 2012-13?



## Nutrition Services in Seattle Schools

When students return to school in the fall, their lunch trays will look a little different. That's because new U.S. Department of Agriculture (USDA) guidelines will be in place to help students make even healthier food choices in the school cafeteria.

Now it's easier than ever to get a well balanced, nutritious breakfast and lunch at school. With a combination of new portion sizes and new menu offerings, we're setting the table for healthier meals with an abundant harvest of fruits and vegetables, many of them locally grown.

Highlights of the new USDA nutrition standards include:

- More fruits and vegetables
- Meals with fewer calories, less fat and less sodium
- Right-sized portions of more satisfying foods
- More whole grains

Most noticeable changes students will see at school include:

- A greater focus on fruits and vegetables (students are now required to take at least a ½ c. serving with lunch)
- Fewer grain offerings (including bread and rice)
- Tighter rules about individual serving sizes of grains and proteins

### How You Can Help:

- Review what is available for school meals and talk with your student about what they will eat.
- Encourage your student to try new foods at home and school.
- Join your student at school for breakfast or lunch.
- Learn more about nutrition and balanced meals at:

[www.choosemyplate.gov](http://www.choosemyplate.gov)



### Don't Forget: Kids Need Breakfast too!

- Breakfast is available to all students each day in every Seattle school!

If you have questions, please contact Nutrition Services at 206-252-0675.

Made possible by funding from Public Health - Seattle & King County and the U.S. Centers for Disease Control & Prevention



Seattle School District is pleased to offer PayPams as a meal payment service for students and families. Parents/guardians now have the convenience of paying using the internet or by phone using either a credit card/debit card anytime day or night. A service fee of \$1.95 per payment is charged to the parent/guardian account at the time of the transaction. Visa, Mastercard, and Discover cards can be used for payment. Pre-pay for school meals 24-7. Learn more about this service by visiting [www.PayPams.com](http://www.PayPams.com)



Nutrition Services programs are available to all without regard to race, color, national origin, sex, age, or disability. Nutrition Services has openings for on-call substitutes in area school kitchens. Call 206-252-0675

